**ALTO SWIM CLUB**
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**
**November 9 - 10 2024**
**Zone 1 North Clubs Assigned: ALTO, DACA, HDAC, LAMV, LO, OSC, SOLO, SUNN, UCPA**
**Enter Online: http://ome.fastswims.com**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-146**
*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

***BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.***

**NOTICE:** By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**
**Meet Referee: Lucille Glassman**
**Meet Marshal: Joe Brinkman**
**Meet Director: Joy Taylor** - altomeetdirector@gmail.com
**Head Starter: Phil Harter**
**Admin Official: Sunil Shanker**

**LOCATION:** Gunn High School, 780 Arastradero Rd, Palo Alto, CA 94306

**COURSE:** OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9' at the start end and 9' at the turn end. The meet host shall ensure required course dimensions.

**TIME:** Saturday and Sunday are split into Sessions "A" and "B"

Session A – 11 & Older Athletes (Saturday & Sunday): 7:00 - 8:20 am warm up. Meet begins at 8:30 am.
*Session A should only include 11 - 12 Athletes who have achieved a BB time standard or above.*

Session B – 12 & Under Athletes (Saturday & Sunday): Warm up will begin at the conclusion of Session A.
Warm up will last for no more than 45 minutes.
Session B competition will begin 10 minutes after the conclusion of warm up, no earlier than 12 PM.
*Session B has no maximum time standard for Athletes ages 12 and younger.*

**RULES:** • Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.

• The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

• All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

• All events are timed finals.

• All events will swim fast to slow.

• Athletes may enter and compete in 3 individual events per day.

• All Athletes ages 12 and under should complete competition within four (4) hours.

• Entries with "NO TIME" will be ACCEPTED, except for 400 IM, 500 Free, and 1650 Free. For those events, coaches must supply approximate times for seeding purposes.

• **Athletes ages 11-12 may compete in either Session A (AM) or Session B (PM), but not both**

• Entries will be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the Athletes age and gender.

• If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.

• Start lanes will only be available for the last 20 minutes of each warm-up session.

• **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**

• AED available to all participants. Further Medical support available via 911.

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the Athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:** • Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.

• Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

• No glass containers are allowed in the meet venue.

• No propane heater is permitted except for snack bar/meet operations.

• All shelters must be properly secured.

• Deck Changes are prohibited.

• Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.

• Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, Spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.

**ELIGIBILITY:** • Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

• Athletes in the “A” Division must have met at least USA Swimming Motivational “A” minimum time standard. Athletes in the “B” Division must have met at least the listed “B” minimum time standard. All entry times slower than the listed “B” time standard will be in the “C” Division.
• Entries with **"NO TIME" will be ACCEPTED, except for 400 IM, 500 Free, and 1650 Free**
• Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
• Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
• The Athlete’s age will be the age of the Athlete on the first day of the meet.
•11-12 Athletes who have achieved at least one BB time may enter either Session A or Session B, but not both on the same day. 11-12 Athletes who have not achieved any BB times must enter Session B.
**• 1650 FREE: A maximum of 1 heat of the 1650 Freestyle can be accommodated with additional heats added if timeline permits**. If the event fills to capacity and you would like to express your Athlete’s interest in being considered "standby" for the 1650 Freestyle, please email our Meet Director: **altomeetdirector@gmail.com**

**ENTRY PRIORITY: Zone 1 North Athletes from ALTO, DACA, HDAC, LAMV, LO, OSC, SOLO, SUNN, UCPA entering online must do so by Wednesday October 23rd, 2024 at 11:59 PM in order to receive priority acceptance into the meet.** No Athletes other than those from **ALTO, DACA, HDAC, LAMV, LO, OSC, SOLO, SUNN, UCPA** may enter the meet until the preference period has concluded.

**SEEDING:** Advanced scratches for this meet will be collected using an online submission system. Advanced scratches must be received by 11:59 PM on Friday, November 8. Early submission is appreciated. Day-of scratches will be collected via coaches meeting / paper submission during the warm-up for each session. Day-of scratches must be submitted no later than 40 minutes prior to the competition session start time for each session. Each session will be seeded 30 minutes prior to competition start time.

**ENTRY FEES:** $4.50 per event plus a $10.00 SCY participation fee per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to **http://ome.fastswims.com** to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus $0.75 per transaction, regardless of number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. Online entries will be accepted through **Wednesday, October 30th, 2024 at 11:59 PM**.

**CHECK-IN:** No check in is required

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** None.

**ADMISSION:** Free.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

| Club athletes entered in session | Trained and carded officials requested |
|---|---|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| 100 or more | 5 and up (1 for every 25 athletes) |

## ORDER OF EVENTS

## Saturday Nov 9 - Session A

Session A is for athletes Ages 13 and Over and athletes Ages 11-12 who have achieved at least 1 BB time standard.

| Event # | Gender | Age Group | Stroke / Distance | Age Group | Gender | Event # |
|---|---|---|---|---|---|---|
| 1 | Girls | 11 & Over | 200 fly | 11 & Over | Boys | 2 |
| 3 | Girls | 11 & Over | 100 free | 11 & Over | Boys | 4 |
| 5 | Girls | 11 & Over | 50 fly | 11 & Over | Boys | 6 |
| 7 | Girls | 11 & Over | 200 back | 11 & Over | Boys | 8 |
| 9 | Girls | 11 & Over | 100 breast | 11 & Over | Boys | 10 |
| 11 | Girls | 11 & Over | 50 back | 11 & Over | Boys | 12 |
| 13 | Girls | 11 & Over | 200 IM | 11 & Over | Boys | 14 |
| 15 | Girls | 11 & Over | 200 breast | 11 & Over | Boys | 16 |
| 17 | Girls | 11 & Over | 100 back | 11 & Over | Boys | 18 |
| 19 | Girls | 11 & Over | 50 breast | 11 & Over | Boys | 20 |
| 21 | Girls | 11 & Over | 200 free | 11 & Over | Boys | 22 |
| 23 | Girls | 11 & Over | 100 fly | 11 & Over | Boys | 24 |
| 25 | Girls | 11 & Over | 50 free | 11 & Over | Boys | 26 |
| 27 | Girls | 11 & Over | 1650 freestyle | 11 & Over | Boys | 28 |

## Saturday Nov 9 - Session B

Session B is for athletes Ages 12 and Under and athletes Ages 11-12 who have not achieved at least 1 BB time standard.

| Event # | Gender | Age Group | Stroke / Distance | Age Group | Gender | Event # |
|---|---|---|---|---|---|---|
| 29 | Girls | 12 & Under | 100 free | 12 & Under | Boys | 30 |
| 31 | Girls | 12 & Under | 50 fly | 12 & Under | Boys | 32 |
| 33 | Girls | 10 & Under | 25 free | 10 & Under | Boys | 34 |
| 35 | Girls | 12 & Under | 200 back | 12 & Under | Boys | 36 |
| 37 | Girls | 12 & Under | 100 breast | 12 & Under | Boys | 38 |
| 39 | Girls | 12 & Under | 50 back | 12 & Under | Boys | 40 |
| 41 | Girls | 10 & Under | 25 breast | 10 & Under | Boys | 42 |
| 43 | Girls | 12 & Under | 200 IM | 12 & Under | Boys | 44 |
| 45 | Girls | 12 & Under | 200 breast | 12 & Under | Boys | 46 |
| 47 | Girls | 12 & Under | 100 back | 12 & Under | Boys | 48 |
| 49 | Girls | 12 & Under | 50 breast | 12 & Under | Boys | 50 |
| 51 | Girls | 10 & Under | 25 back | 10 & Under | Boys | 52 |
| 53 | Girls | 12 & Under | 200 free | 12 & Under | Boys | 54 |
| 55 | Girls | 12 & Under | 100 fly | 12 & Under | Boys | 56 |
| 57 | Girls | 12 & Under | 50 free | 12 & Under | Boys | 58 |
| 59 | Girls | 10 & Under | 25 fly | 10 & Under | Boys | 60 |
| 61 | Girls | 12 & Under | 100 IM | 12 & Under | Boys | 62 |
| 63 | Girls | 12 & Under | 500 free | 12 & Under | Boys | 64 |

## Sunday Nov 10 - Session A

Session A is for athletes Ages 13 and Over and athletes Ages 11-12 who have achieved at least 1 BB time standard.

| Event # | Gender | Age Group | Stroke / Distance | Age Group | Gender | Event # |
|---|---|---|---|---|---|---|
| 65 | Girls | 11 & Over | 200 free | 11 & Over | Boys | 66 |
| 67 | Girls | 11 & Over | 100 fly | 11 & Over | Boys | 68 |
| 69 | Girls | 11 & Over | 50 free | 11 & Over | Boys | 70 |
| 71 | Girls | 11 & Over | 200 breast | 11 & Over | Boys | 72 |
| 73 | Girls | 11 & Over | 100 back | 11 & Over | Boys | 74 |
| 75 | Girls | 11 & Over | 50 breast | 11 & Over | Boys | 76 |
| 77 | Girls | 11 & Over | 200 IM | 11 & Over | Boys | 78 |
| 79 | Girls | 11 & Over | 200 back | 11 & Over | Boys | 80 |
| 81 | Girls | 11 & Over | 100 breast | 11 & Over | Boys | 82 |
| 83 | Girls | 11 & Over | 50 back | 11 & Over | Boys | 84 |
| 85 | Girls | 11 & Over | 200 fly | 11 & Over | Boys | 86 |
| 87 | Girls | 11 & Over | 100 free | 11 & Over | Boys | 88 |
| 89 | Girls | 11 & Over | 50 fly | 11 & Over | Boys | 90 |
| 91 | Girls | 11 & Over | 400 IM | 11 & Over | Boys | 92 |

## Sunday Nov 10 - Session B

Session B is for athletes Ages 12 and Under and athletes Ages 11-12 who have not achieved at least 1 BB time standard.

| Event # | Gender | Age Group | Stroke / Distance | Age Group | Gender | Event # |
|---|---|---|---|---|---|---|
| 93 | Girls | 12 & Under | 200 free | 12 & Under | Boys | 94 |
| 95 | Girls | 12 & Under | 100 fly | 12 & Under | Boys | 96 |
| 97 | Girls | 12 & Under | 50 free | 12 & Under | Boys | 98 |
| 99 | Girls | 10 & Under | 25 fly | 10 & Under | Boys | 100 |
| 101 | Girls | 12 & Under | 200 breast | 12 & Under | Boys | 102 |
| 103 | Girls | 12 & Under | 100 back | 12 & Under | Boys | 104 |
| 105 | Girls | 12 & Under | 50 breast | 12 & Under | Boys | 106 |
| 107 | Girls | 10 & Under | 25 back | 10 & Under | Boys | 108 |
| 109 | Girls | 12 & Under | 200 IM | 12 & Under | Boys | 110 |
| 111 | Girls | 12 & Under | 200 back | 12 & Under | Boys | 112 |
| 113 | Girls | 12 & Under | 100 breast | 12 & Under | Boys | 114 |
| 115 | Girls | 12 & Under | 50 back | 12 & Under | Boys | 116 |
| 117 | Girls | 10 & Under | 25 breast | 10 & Under | Boys | 118 |
| 119 | Girls | 12 & Under | 200 fly | 12 & Under | Boys | 120 |
| 121 | Girls | 12 & Under | 100 free | 12 & Under | Boys | 122 |
| 123 | Girls | 12 & Under | 50 fly | 12 & Under | Boys | 124 |
| 125 | Girls | 10 & Under | 25 free | 10 & Under | Boys | 126 |
| 127 | Girls | 12 & Under | 100 IM | 12 & Under | Boys | 128 |
| 129 | Girls | 12 & Under | 400 IM | 12 & Under | Boys | 130 |

Use the following URL to find the time standards: http://www.pacswim.org/swim-meet-times/standards.